THE TIMES.

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MARYVILLE, : : TENNESSEE.

WE ALL LIKE SHEEP.

"We all like sheep," the tenors shrill
Begin, and then the church is still,
While back and forth across the aisle
Is seen to pass the "catching" smile

"We all like sheep," the altos moan
In low and rich and mellow tone.
While broader grows the merry grin
And nose gets further off from chin.

"We all like sheep," sopranos sing
Till all the echoes wake and ring;
The young folks titter, and the rest
Suppress the laugh in bursting chest.

"We all like sheep," the bassos growl—
The titter grows into a howl,
And e'en the deacon's face is graced
With wonder at the singers' taste.

"We all like sheep," runs the refrain,
And then, to make their meaning plain,
The singers altogether say:
"We all, like sheep, have gone astray."
—*Columbus (O.) Dispatch.*

ARSENIC EATERS.

How the Terrible and Deadly Habit Is Acquired.

Wonderful Amount of the Deadly Drug Used by Some People—An Indulgence Which Must Be Continued to Preserve Life—Facts Stranger than Fiction.

In 1875, at the forty-eighth annual meeting of the German Society of Naturalists and Physicians, which was held at Gratz, Dr. Knapp, practicing in Styria, introduced two male arsenic-eaters to the assembly. One of these men consumed in their presence about six grains of white arsenic—that is, enough to poison three men—without suffering the slightest inconvenience; and it was stated that he had been accustomed to this state of things for years. He was by calling an ex-herd, and, after the custom of his countrymen, had administered to the cattle under his charge a daily dose of arsenic for the purpose of rendering their hair glossy, and of otherwise improving their appearance. He had been so far successful that he was led to argue that what was good for the oxen was good for himself; and that he was to a certain extent justified in his conclusions was proved by the fact of his being in the enjoyment of robust health. Dr. Knapp's other subject partook of rather more than four grains of the yellow arsenic—that is, of orpiment—and he, too, had done the same with impunity for years. This man stated that, having to enter a house in which fifteen persons had died of typhus fever, he prepared himself for the attempt by taking a dose of less than half a grain of orpiment. This caused some disagreeable results; but the unpleasantness having worn off, he repeated the dose, entered the house without contracting the disease, and was so pleased with the success of his experiment that he had continued to take arsenic ever afterward. He, too, was in the enjoyment of robust health.

We believe that it was Mr. Heisch, a teacher of chemistry at the Middlesex Hospital, who first brought the subject of arsenic-eating prominently before the notice of the profession in this country. This was some time about the year 1822, but since then the fact has again and again been demonstrated by the researches of medical men and of travelers, so that now there are few persons who would venture to express any doubt on the question. Indeed, it has long been acknowledged by the best authorities that arsenic-eating is extensively practiced in the southwest corner of Austria—that is, in Upper and Middle Styria, especially in the districts of Hartberg, Laprecht, Loeben and Oberzeirung, also in Carinthia, Salzburg, the Tyrol, Lower Austria and the Erzgebirge. It is, to a certain extent, acknowledged that these people attain a green old age; and it is even suggested that in some sort they owe their longevity to the baleful practice, though there is room for the gravest doubts on this score. When arsenic-eating was first brought before the notice of the world, it was treated as a gross imposture would be; and the stories about it were classed with those of Welsh fasting-girls and universal remedies; indeed, the profession confidently asserted that these Styrian peasants partook of nothing more unwholesome than a piece of chalk, for it was deemed utterly impossible that a man could, unscathed, consume enough poison to effect a dozen persons, and certainly enough to kill three.

Fact, however, is stranger than fiction, and a fact so strange as this could not lie unnoticed in the region of myths. In 1851, Tschudi brought the matter again prominently forward; and since that time it has been so clearly demonstrated, with all the requirements of scientific research, that it would be absurd to deny it to be a sober reality. But all the world takes poison in some form or other every day—ether, alcohol, opium, hasheesh, nicotine, essences and so on, and that without calling forth any particular expression of wonder. It is so common a habit, that with some people this taking of poisons has become a condition of existence. Medical men, too, derive some of their best remedies from poisons, and are as a rule well justified by results. But while one man may take his daily dose of some narcotic, and another of his medicinal poison, a third man, unfortunately, is only able to still the cravings of his appetite by swallowing a substance which has probably cost more lives than any other drug, whatever it may be—namely arsenic.

The arsenic-eater may, it is true, be fortifying himself against the machinations of a secret poisoner, and he may be—indeed, after many years use of it, he very likely is—administering a dose of something absolutely necessary to his existence, thus giving some sort of color to the claim of the Styrian that it lengthens life. At the best, however, it is a playing with danger, a tempting of Providence most reprehensible, and it is a habit so degrading that it makes us feel sorry for human nature. It is, however, well known among medical men that arsenic taken internally is useful in many diseases, more especially such as affect the skin, and under the form known as Fowler's Solution it is often enough prescribed in small doses. The veterinary surgeon administers it to horses and cattle, while in some instances, in a somewhat rough-and-ready way, it is given by stablemen and herdsmen in many parts of Europe, especially in Austria, to the animals under their care. Nor can the stablemen of this country be said to be entirely innocent of this charge; for it is a well established fact that this drug improves the appearance of the skin and hair, making it sleek and glossy, besides rendering the animal plump and strengthening its breathing organs. What wonder, then, that such men finding, as we have already said, these results, begin to argue that what is good for an ox or a horse is, in smaller quantities, good for a man. They actually do so argue; and to the daily use of arsenic they attribute several good results, such as clearness of complexion and increased powers of digestion as shown by solidity of flesh; they say it strengthens their respiratory organs and enables them, laden with heavy burdens, to climb mountains without fatigue; and some even declare it increases their courage—which may be true, if the aforesaid good results follow its use, for courage is often only an effect of conscious strength, as timidity is of conscious weakness.

It must not, however, be supposed that any one takes to the hedri or arsenic-eating quite openly. On the contrary, it is generally begun in secret and at the increase of the moon—and in some villages with superstitious observances. A very small dose is at first taken once a week—bread and butter is the favorite medium—then twice a week, and so on, until, when the individual arrives at a dose daily, the dose itself is increased till as much may be taken as in ordinary circumstances would kill two, or three individuals. But it must not be understood that those people can consume the drug altogether with impunity. When they first begin with their very small doses they are seized with nausea and burning pains in the mouth, throat and stomach, and are probably very much more uncomfortable than a boy who has taken his first cigar. But one peculiarity of arsenic-eating is this, that when a man has once begun to indulge in it he must continue to indulge, for if he ceases the arsenic in his system poisons him; or, as it is popularly expressed, the last dose kills him. Indeed, the arsenic-eater must not only continue his indulgence but he must also increase the quantity of the drug, so that it is extremely difficult to stop the habit; for, as sudden cessation causes death, the gradual cessation produces such a terrible heart-gnawing that it may probably be said that no genuine arsenic-eater ever ceased to eat arsenic while life lasted.

It is curious that while, on the one hand, the human organism is so remarkably sensitive to arsenic, a man may, on the other hand, indulge in these poisonous doses for years. This is probably owing to the fact that arsenic acts on the skin, and thus is being constantly carried out of the system; and also because it is readily eliminated by the kidneys. Now, this prevents any accumulation going on in the tissues, and thus, what might seem almost mythical, is at least brought within the range of possibility. It has been calculated that this process of elimination has to be carried on for fourteen days before a given dose is entirely removed. But yet the fact remains that these Austrian peasants can swallow arsenic to an extent and with an impunity unprecedented in the annals of toxicology. For the solution of the problem we may offer the following considerations: First of all, the human organism may become accustomed to most, if not all, poisons if they are administered at first in exceedingly small doses; and in this way a poison, as is well known, may become a "mithridate" to itself. Secondly, though the human organism is extremely sensitive to arsenic, yet some constitutions may be less so than others; thus, for instance, the arsenic-eaters of Styria are all of them robust mountaineers, whose forefathers have eaten arsenic from generation to generation, so that, as may be supposed, each generation has become more arsenic-proof than the one before it. Thirdly, like most mountaineers, the Styrians consume large quantities of milk and butter, as well as other food rich in fats, when the oily matters to a certain extent unite with the arsenic, forming an arsenical soap, which does not so readily enter into the blood, so that the total amount of arsenic actually assimilated is proportionally small. From this we see that if the Styrian partakes of an unusual amount of this deadly drug, he is at the same time not only less susceptible to its influence by his hereditary descent and his habits, but his food supplies him with some sort of an antidote.

One other fact may be noticed in connection with arsenical poisoning—namely, that the preliminary symptoms of accidental poisoning have often resulted from the apparently insignificant cause of the use of the flimsy, bright-green tartalan ball-dresses so much in vogue a few years back, as also from sleeping in rooms papered with hangings containing the beautifully brilliant color known as Scheele's green. The dangerous activity of the very minute quantities of arsenic which under such circumstances enter the system may probably be explained by the fact that the poison in all such cases acts directly through the lungs, and not through the stomach, where it would be subjected to the modifying influences already mentioned.

These last points bring us to the treatment of a person suffering from arsenical poisoning. This poison is so frequently the cause of death both by accident and design, that it is important that every one should know the proper remedies to be used in such circumstances. Until a medical man arrives, the vomiting which generally occurs when an overdose of arsenic is swallowed, should be freely encouraged, followed by demulcent drinks, switched eggs, cream, oil, or, better still, a mixture of equal parts of oil and lime-water. In recent years, a more strictly chemical antidote than any of the foregoing has been employed with very great success—namely, hydrated peroxide of iron. This antidote, it can not be too well known, may be extemporized in a very efficient manner by adding ordinary carbonate of soda to tincture of iron—better known as steel drops—of pharmacy. A tablespoonful of soda may be added to each fluid ounce of the tincture with water, and as this mixture has no injurious effect on the system, it may be administered as largely and as quickly as possible.

The whole subject is of great interest; for it seems passing strange that the delicate framework of our bodies, which may be annihilated with two grains of a white powder, may be so far changed as to require, nay, even to crave for a daily heavy dose of this very same poison.—*Chambers' Journal.*

NEW YORK FASHIONS.

Stylish Attire for Fashionable Elderly Ladies.

Black and white India silks and foulards are made up for the afternoon and visiting dresses of dignified old ladies, and black lace toilettes are worn by them on full-dress occasions. The figured silks for those who have quiet tastes have usually a black ground, with white figures, lines or flower sprigs, while those who prefer lighter dresses have the ground white with black only for the small figure upon it. If a color is ventured upon, brown grounds are chosen for the dark silks, and lavender or the purple of Parmesan violets for lighter dresses. Ginghams in the same colors, cambrics and white muslins are their favorite wash dresses for breakfast and home wear. For the light woolens that are needed for warmth in summer, the black or gray English buntings, albatross, summer camel's-hair and veilings are used.

The summer silks of old ladies who are inclined to embonpoint are made with a polonaise, and edged flatly with gros grain ribbon an inch wide stitched on just underneath the edge of the silk. The fronts of the polonaise are fitted by two darts and a cross seam to make them lie smoothly on large hips. This garment is buttoned from the neck down to about six inches below the waist line, and falls open thence in a sharp long point on each side. Two tiny folds or tucks may be taken each side of the buttons and holes down the front and around the points. The edges of the points are then turned under, and are held by the ribbon trimming, which is stitched on by machine. The back is in basque shape, with the fullness of the skirt made of two or three plaited breadths that may be sewed on underneath the basque at the waist line; or, to make it different, these breadths may be sewed upon a plain cuirass basque, and some long-looped bows of ribbon be added at the ends of the side-form seams.

Mantels for old ladies are of black repped silk and combinations of velvet with lace in large shapes that come down over the tournure in the back and have pointed ends in front. Black lace points of Chantilly or llama lace are worn quite plain in their three-cornered shapes over surah and India silk dresses. A black and also white chuddah shawl—one a square and the other double—are comfortable additions to the summer outfit for wearing on cool days and evenings, and the dove-colored and Quaker gray shawls of cashmere are pretty with black dresses. The favorite traveling shawl is the striped India long shawl, or else one of the very large square shawls in India stripes which are now sold at moderate prices. There are also delightfully warm and soft Scotch shawls of clear gray and brown shades of a single color, and in double lengths, to be had for less money.

Handsomely dressed gray hair, with French twist, crown loops, and waves, or a Pompadour roll, needs only some shell pins for ornament, or a low jeweled back comb for dress occasions. Breakfast caps to conceal plainly dressed hair are of mull and lace in round shapes or in Fanchon points, with bows of lavender, pale blue or rose ribbon. White tulle with ruches, or black Brussels net with real lace, is similarly arranged for dress caps.—*Harper's Bazar.*

MINERS.

Their Extraordinary Recklessness in Periods of Danger.

Nothing is more extraordinary than the recklessness of miners. Neither precept nor example seems to have any permanent effect in regulating their conduct. An example in point was furnished by the recent Clifton Hall Colliery explosion. Although the men employed there knew the practice to be fraught with danger, they seem to have generally worked with naked candles. At the inquest on the victims, which has just been concluded, the mining engineer who examined the colliery, at the request of the Coroner, reported that "had naked lights not been in the mine at the time of the explosion, the outburst of inflammable gas would have been carried away by the normal air-current without doing damage in any way." The jury expressed the opinion that the Government should refer the question to a committee of experts without loss of time. In the meantime it is extremely desirable that the provisions of the existing law relating to safety-lamps should be a little more strictly enforced. How completely statutory obligations are sometimes disregarded in mines is shown by the curious facts which have just been brought to light at another inquest. A man was killed in Ridding Colliery by a fall of rock. The inquiry has elicited the fact that the deceased and a boy were allowed to work without signals, engineer, manager or banksman. The consequence was that when the mishap occurred the boy could give no alarm, and himself nearly fell a victim. It is satisfactory to know that in this case proceedings are to be instituted.—*St. James' Gazette.*

—Conch shells come from the West Indies. The natives who gather them are called "Conks." They bring the shells to this country only in the months of May, June and July, using them to fill out a cargo. Conch shells were formerly used for making jewelry, but they have now gone out of style even for house and lawn decorations.—*Philadelphia Press.*

—Women are paid forty cents a day and their board as farm laborers in South Carolina.—*Chicago Herald.*

TEMPERANCE READING.

A SCIENTIFIC VIEW.

The Action of Alcohol Upon the Brain and Nervous System—The Four Stages of Alcoholic Disease—The Horrors of Delirium Tremens.

In one of a series of articles by Prof. A. B. Palmer, M. D., LL. D., in *The Wide Awake*, the writer says:

The strong resemblance between the narcosis of alcohol and that of chloroform or ether is apparent; but that of alcohol is much more likely to become habitual. The essential character of the condition is so similar that the same terms may be applied to each. If chloroform is a narcotic, so is alcohol; if one is a depressing, lethal agent, so is the other. If chloroform is a poison, so is alcohol. The greatest difference in their immediate action is, that the chloroform is more speedy in its effects and sooner over; and its secondary consequences are less severe.

But in studying the effects of alcohol on the brain and nervous system we must go beyond the speedy action of a single or a few doses, and consider the more important, because the more permanent, effects of its continued use. These effects are varied by the quantity used, the length of time it is continued, and by the temperament and power of endurance of the drinker.

In its habitual use, *four* stages of alcoholic change are recognized, corresponding in many respects with the four acute stages that have been described.

There is a mild *first* stage where only small quantities are used, as where an occasional glass of light wine or beer is taken with the meals, and where such limits are not exceeded. In this the condition of the brain and nerves is but little changed from the physiological or natural state.

There is a *second* stage where a change from the normal state is more perceptible—where the force and regularity of brain and nerve action is impaired, but not in any extreme degree; but where the tone of the intellectual, and particularly of the moral, character is lowered, but yet where the subject of it is not regarded as a druukard.

There is a *third* stage where there is unquestionable intemperance or inebriety—where the subject is called a "hard drinker" or "drunkard" according to the degree of indulgence; and there is still a more advanced or *fourth* stage, where the victim is a complete sot, given up to continued and extreme indulgence, whenever the means are within his reach, where there is the greatest debasement, physical, mental and moral, where there is advanced alcoholism or alcoholic disease, where the wretched victim is tottering on the verge of destruction, unfit for any useful occupation or respectable association, a disgrace to himself and friends, and a nuisance to all about him. These stages shade off into each other with no abrupt line of demarkation, but are different degrees of the one general process of abnormal change.

All are ready to admit the very great, the almost inexpressible, evils to the brain and nerves of individuals, to the happiness of families, to the interests of communities and the country, of the third and fourth stages of habitual alcoholic indulgence. The changes of the brain usually discoverable in its structure, but which more certainly exist in its functions—in its actions and tendencies—are most profound; and are all in the direction of physical, mental and moral degradation.

The structure of the brain is changed in various ways from its normal state. It is sometimes hardened from the increase of its connective tissue, and sometimes softened from a form of fatty change; and in both cases the proper brain cells—the seat of cerebral action—of physical and mental power—are more or less diminished in number, altered in structure, and impaired in activity. The vessels are often found degenerated, and are liable to great distention and rupture, constituting congestion and apoplexy. The membranes of the brain are often found inflamed and thickened, their transparency and pliability impaired—and, in short, the whole organ is degenerated, enfeebled and perverted.

Under the immediate effect of the liquor the drunkard is regardless of his duties and obligations to himself, his family and to society. He is inefficient, improvident, unthrifty, unreliable; often violent, dangerous and criminal. When deprived of his accustomed dram, he is morose, despondent and often unendurably wretched, with a craving for the liquor, which in the perverted state of his brain is irresistible. His depression and despair sometimes lead to suicide, preceded, it may be, by the murder of his family, with the motive of relieving himself and them from their living death. Mingled with this despair are often fits of fury which the drink excites, and his causeless and unreasoning vengeance may be inflicted indiscriminately on himself, his family, his friends, or strangers, as well as on imagined or real foes. In many cases nothing is too absurd or too depraved for him to do, and no suffering is too severe for him to endure.

The drink which for a time relieved his agony, at length fails to do so unless carried to the extent of stupefaction and unconsciousness. This quantity is therefore taken, and this increasing indulgence, if it does not induce sooner some fatal form of disease, brings him to the fourth and extreme stage of habitual drunkenness, which, though it sometimes is endured for a considerable period, usually soon results in death.

Besides rendering other diseases and accidents much more severe and fatal, this excessive drinking produces several particular diseases of the brain and nervous system.

The one best known to persons not of the medical profession, because of the striking character of the symptoms, is delirium tremens. In this terrible disease the brain becomes so affected by the alcoholic poison that all its functions, physical and mental, are performed in the most irregular and fearfully perverted manner. There is usually a premonitory stage in which the patient is restless, wakeful and apprehensive of some violence, misfortune or calamity. When attempting to sleep he is awakened with frightful dreams which are so vivid as to appear to be realities for a time after awaking. These and other symptoms may cause the patient to stop his drink, but too late to prevent its effects. In other cases, quite as numerous, the premonitory symptoms are less regarded, and the full development of the disease comes on in the midst of gross indulgence in drink; but the phenomena in either case are similar. The face now becomes paler, the surface is covered with a profuse sweat, there is trembling in every muscle, the patient looks wildly about him, seeing in his delusions frightful objects in every quarter; and though his pulse is weak and fluttering and his whole appearance indicates great debility, he still moves about restlessly, and often actively, and he frequently exerts himself violently to escape from imaginary enemies. His whole mental functions are perverted even more than his bodily ones. The most characteristic mental condition is *fear*, which is always present. His ever-present hallucinations, or morbid imaginings of sight, sound and feeling are of a frightful character. He thinks he is pursued by "a man with a hot poker," that "snakes are in his boots," that disgusting bugs are crawling over him, that great bats are flapping their skinny wings in his face, that vampires are sucking his blood, or that demons are about to seize him; and he cries out and struggles in mortal agony. He may make a fatal leap from a high window, or, escaping from his room, may run half-naked through the streets. No condition of horrors or mental suffering can exceed this state. The ancient ideas of Gorgons and Furies must have been derived from experiencing or witnessing this disease, which occasionally occurred among the wine-bibbers of the time.

In this disease, left to itself, sleep and rest are banished, and death by exhaustion is likely to occur in from a few days to a week. Many cases, however, under proper management, recover from a first, and some from a second or third, attack. It would seem from such a warning that the first attack would be the last—that the cause would be avoided. But the desire to return to drinking is so great, the force of habit so strong, the self-control through brain impairment so feeble, that indulgence again occurs, and subsequent attacks generally follow. With each recurrence of the disease the chances of recovery diminish, until death closes the earthly scene. Subsequent attacks of this particular disease may not occur, death following from other forms of alcoholism, or from complications of other diseases; but when the brain is so far impaired as to produce delirium tremens permanent reform is almost hopeless, and the victim is almost sure to die a drunkard.

Death to our natural instincts is a fearful thing, come in what form it may; fearful when amid friends and family and loving care; made less appalling by affection earned by years of self-control, of duty done, of virtue, kindness and love. it is a terror even when life passes away with these surroundings, in resignation and hope, and ceases as gently as music from a slumbering harp-string. What then must be this dread event to him, who drives from his death-chamber, or perhaps his gloomy cell, by his raving violence or his profane mutterings, his family and kin, who may have but the tattered remnants of abused affection, while he puffs out his last foul breath, a token of the corruption within, and nothing remains but an inheritance of painful memories, and possibly of propensities which may lead his offspring to repeat his career.

Can it be possible that an article, which so often produces the effects upon the brain and nervous system which have been sketched in mere outline, is, as a beverage, even necessary, useful or safe; or indeed entirely innocent, habitually used in any quantity, however moderate?

"A Little Child Shall Lead Them."

An esteemed clergyman writes thus: "Very recently a boy in my parish, only six years of age, was sent by his mother to fetch his father home from a public-house. He found his parent drinking with some other men; one of them invited the little fellow to take some beer. Firmly and at once the boy replied: 'No, I can't take that; I'm in the Band of Hope.' The men looked at one another, but no one was found to repeat the temptation. The man then said: 'Well, if you won't take the beer, here's a penny for you to buy some candy.' The boy took the penny and said: 'I thank you, but I had rather not buy candy; I shall put it into the savings bank.' The men looked at one another, and for some moments were entirely silent. At length one of them rose and gave utterance to his feelings in these words: 'Well, I think the sooner we sign the pledge and put our savings in the bank the better.' The men immediately left the house. Such was the effect of the two speeches of a box six years old. How many old people have made much longer but less effective speeches! 'A little child shall lead them!'"—*Golden Censer.*

May a Christian Sell Liquor?

The dram-seller offers liquor to every man (not already intoxicated) who applies for it. Among those who apply are many to whom the liquor is poison, and worse than poison. To some of them it will bring bodily death; others it will madden to the commission of fearful crime; others find in it that which ruins family peace; and to a great number it brings the curse implied in the words: "Neither thieves, nor covetous, nor drunkards, shall inherit the Kingdom of God." Can it be right to offer liquor promiscuously to men, whom it *may* lead (and a vast number of whom it *will* lead) to hell?

May the wholesale merchant furnish whisky to the retailer to be used for this purpose? Alcohol is sold and bought for manufacturing purposes: that, of course, is right. But can it be right to furnish it to the dram-seller for a use that leads to the ruin of soul and body? Nations will not allow a neutral to furnish munitions of war to the enemy. Is not the dram-shop drinking of whisky a weapon of the Evil One? May a child of God furnish it?—*Christian Observer.*